



DECEMBER 2017

MarylandWIC
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	To Contact a Breastfeeding Peer Counselor near you: Mara: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Karen: (410) 829-9210 (Lactation Consultant)	1	2
3	4	5 Support Group 10:00 a.m.-11:30 a.m. Easton Memorial Hospital outside Birthing Center Carol Leonard, IBCLC 410-822-1000, ext. 5700	6	7	8	9
10	11	12	13	14	15	16
17	18	19 Support Group 10:00 a.m.-11:30 a.m. Easton Memorial Hospital outside Birthing Center Carol Leonard, IBCLC 410-822-1000, ext. 5700	20	21	22	23
24/31	25	26	27	28	29	30



JANUARY 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		To Contact a Breastfeeding Peer Counselor near you: Mara: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Karen: (410) 829-9210 (Lactation Consultant)	Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)			
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7	8	9	10	11	12	13
14	15	16 Support Group 10:00 a.m.-11:30 a.m. Easton Memorial Hospital outside Birthing Center Carol Leonard, IBCLC 410-822-1000, ext. 5700	17	18	19	20 Breastfeeding Class UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-882-1000, ext. 5231 or 410-228-5511, ext. 5231
21/28	22/29	23/30	24/31	25	26	27



FEBRUARY 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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